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**CORN SYRUP**  
The Great Spread for Daily Bread.

A golden syrup so good, pure and wholesome that infant, invalid or dyspeptic can eat it with safety. It's a daily delight for morning, noon or night. Coaxes the appetite and makes you eat. Sold at grocers 10c, 25c and 50cts.

CORN PRODUCTS COMPANY.  
New York and Chicago.

## FOR THE FAIR SEX.

The Rational Care of the Complexion.

### DANGER OF COSMETICS.

Advice from Christine Terhune Herkoff, Author of "Cradle and Nursery." First Aid to the Young Housekeeper.

(Copyright, 1904, by Christine Terhune Herkoff.)

Was there ever a woman who did not wish to be good looking? If so, she must have been in the calliope phrase, "to good to be true." That is, unless she was already so pretty that she felt she had nothing more than that due to fate.

Even the beautiful woman must take care of her good looks. Nature may bestow these but she does not undertake to keep them in order. Once in a rare season one finds a woman whose complexion seems to take care of itself, but she is such an exception that it is hardly worth while to bring her case into consideration. The majority of women have to work to keep their skins in order and their efforts must be the more strenuous if they have been careless of them in youth.

When I speak of care of the complexion I do not mean that one must devote herself too constantly to this work. Very few busy women can afford to give the time that complexion specialists declare essential to the preservation of beauty. When one sees a woman who does all demanded of her in this line she is not likely to have leisure for anything else.

I know one such woman. In her girlhood she was the acknowledged belle of her native place. Her complexion was like a rose leaf, her figure was exquisite, her features were regular. Having won the reputation of a beauty she felt she must live up to it. She has done so and it has taken all her time. At forty-five she is still engaged in preserving her charms. She never rises until eleven o'clock. She is most diligent in the care of her diet. The time she spends upon facial and bodily massage leaves her little for anything else. Verily, she has her reward. Her golden tresses are plentiful and smooth, although there is a touch of something not entirely due to nature in their coloring. Her rose leaf of skin is still to be seen, although it may not be as fluctuating as when it was altogether home made. Her figure she has been able to retain by dint of exercise and she is still a beautiful woman. But has it been worth while? There are very few women who would think so, or who, thinking so, would be able to give the time to achieve the result. Too few find it feasible to follow the rules by which Patti declares she has held her youth with her so long—three square meals a day, eight hours' sleep at night and three hours' exercise daily in the open air. It would be a good thing if every woman could allow herself this treatment, but it is not for those who must work in their homes or elsewhere.

The benefit of the skin must be

wrought from within outward not from without alone. That is, the body must be kept in good working order by vigorous exercise and proper food and then the condition will be laid for a good complexion. Not all the external applications in the world will help until these fundamentals. But when these are secured, there are other things to be done to preserve the complexion in order to make the face attract us.

In the first place, the face must be kept clean. Not only by mere washing with water and a cloth, or even by the use of soap and water, but by something more thorough than these. The surface soil may be taken from the skin by the ordinary washing, but to get the dust from the pores a more radical course must be followed. An unguent must be selected that will soften the skin and coax the dirt from its interstices.

Too much care cannot be given to the selection of the cream or skin food or whatever it may be that is used for this purpose. Cold creams by the score may be purchased but a large proportion of these do more harm than good, especially if applied to a delicate skin. Either they make it so tender that it chaps and scales readily, or else they promote a growth of hair, or they worsen the skin. But there are good cold creams and if one will take pains it is not hard to make a choice.

In order to get the best results for the face it should be cleaned at bedtime. First it should be washed with a soft cloth dipped in warm water and rubbed on a good soap, or dipped in almond oil. To some skins the latter is unsuited and their owners would do well to confine themselves to a good soap. Highly scented soaps should be avoided. A sponge should not be used for the face, pleasant as is the touch of it. The best judge's say it is impossible to keep a sponge entirely clean, whereas the cloth can be made anti-septic. When the face has been washed and the cloth should go into all the corners and be applied again and again—the face must be rinsed in warm water and patted dry with a soft towel. In washing or in wiping stroke the face upward.

Now comes the cold cream. A little should be taken on the finger tips and rubbed into the skin, with outward and upward strokes from the middle of the face. The rubbing should not be too hard and yet there should be enough pressure to produce a glow and to stimulate the circulation. Each part of the face should be treated in detail. The forehead should be stroked from the middle toward the temples and up toward the hair. The temples should be rubbed and the corners about the eyes where the first wrinkles display themselves should receive special attention. All around the eyes the flesh should be massaged and the cold cream rubbed in thoroughly. The lower part of the face, the skin about the lips and where the smile or the droop of the mouth has left lines must be treated. Afterward the cold cream must be wiped from the face with soft cloths and the skin again washed and dried. It is very dry in tendency a little more—a very little more—cold cream may be rubbed in and left on overnight, but the best judge's are against leaving the grease on the face all night.

This is not a very troublesome business, although it may seem a burden to a tired woman when she gets to bed. But like every other care of the body it is a matter of habit, and once established, the custom of giving five minutes at bed time to beautifying seems to be taken as a matter of course. If a woman thinks the preservation of her comeliness worth while she will not grudge this small amount of time bestowed upon it.

I have spoken of this sort of thing being done for the preservation of the complexion. If it is necessary to women who have good skins in the first place, it is much more essential for those who are not blessed in this respect, or who through carelessness have let their skins fall into a bad state. They will not get off so easily as the women who have naturally good skins or who have taken proper care of them. To redeem their looks they must follow the process I have described above and do even more. They must take up facial massage more thoroughly, rubbing the lined forehead round and round with the finger tips, always stroking upward. This circular movement is to be given to the cheeks and at the eyes as well.

A great many women have a tendency to double chin as they advance in life; this, too, they can combat by rubbing, drawing the flesh upward from the throat toward the chin and stroking with the palm of the hand.

All this advice is not meant only for middle-aged women, however, although they need it more than young girls. These latter have the insolence of youth. They scorn these precautions, apparently thinking that their beauty of skin and color will abide with them forever. Once in a while one will find a girl who is prudent enough to appreciate the fact that she cannot treat her skin with utter negligence and expect it to retain its beauty.

"But what can I do?" says one of them. "Must I give up golf and bicycling and horseback riding and boating in order to care for my complexion?"

"By no means. On the contrary, it is

Don't forget the old man with the fish on his back.

For nearly thirty years he has been traveling around the world, and is still traveling, bringing health and comfort wherever he goes.

To the consumptive he brings the strength and flesh he so much needs.

To all weak and sickly children he gives rich and strengthening food.

To thin and pale persons he gives new firm flesh and rich red blood.

Children who first saw the old man with the fish are now grown up and have children of their own.

He stands for Scott's Emulsion of pure cod liver oil—a delightful food and a natural tonic for children, for old folks and for all who need flesh and strength.

SCOTT & BOWNE, Chemists,  
406-415 Pearl Street, New York,  
50c. and \$1.00; all druggists.

LEADING JEWELER AND OPTICIAN  
BEDFORD, PA.

Corner stone in Rutherford Block

NEWSPAPER ARCHIVE®

by such exercise as this that one keeps one's body in order and insures a good complexion. But do not carelessly of the skin in your zeal for outdoor sport. These things ought you to do and not leave the others undone. Before you go for your outing rub a very little cold cream or skin food into your face. Rub it in well, so that it will be absorbed, not left to lie on the surface. Then wipe the face off with a soft cloth or flannel dipped in a little pure powder. Plain talcum is good for this, or even cornstarch. Do this work carefully, so that the powder will not lie on the skin in streaks. It is to protect the pores from dust and dirt. Then go ahead and enjoy your horseback or bicycle ride or your row or your game and don't think of your complexion. You have nothing more to do about it until you are at home again.

When you are back in the house proceed to cleanse your face by very much the same method that you use at bedtime. Wipe off the dust with a damp cloth and then wash in warm water. Never put cold water on the face after exercising. Apply the cream, wiping it off with a soft cloth. You will probably find a good deal of dust on this in spite of the first application of cream and powder. Wash again in clean warm water, dry gently and, if you wish, dust with a little powder.

The girl who follows this plan will not escape fate altogether. Probably she will not wish to escape it, but will rather seek to have some evidence in her complexion of her outdoor life. But, at least, she is not likely to reddened and blotted and peal and be an eyesore to others and a distress to herself until the time when her face has turned to a uniform hard red or brown.

Mysterious Circumstance

One was pale and sallow and the other fresh and rosy. Whence the difference? She who is blushing with shame uses Dr. King's New Life Pill to maintain it. By gently arousing the lazy organs they compel good digestion and healthy constipation.

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STOP THE COUGH AND WORKS OFF THE COLD.

Laxative Balsom. Quinine Tablets cure a cold in one day. No Cure, No Pay. Price 25c.

THE SHELLS THE CHAMPIONS SHOOT.

Some Foolish People

Allow a cough to run until it gets beyond the reach of medicine. They often say, "Oh, it will wear away," but in most cases it will wear them away. Could they be induced to try the successful medicine called Kelp's Balsom, which is sold on a positive guarantee to cure, they would immediately see the excellent effect after taking the first dose. Price 25c and 50c. Trial size free. At all druggists.

Foley's Honey and Tar is best for croup and whooping cough, contains no opium, and cures quickly. Careful mothers keep it in the house. Sold by Ed. D. Heckerman.

FACTORY LOADED SHOTGUN SHELLS.

It's not sentiment—that makes the most successful shots shot.

Winchester Factory Loaded Shells. It's the results they give. It's their entire reliability, even-

ness of pattern and uniform shooting. Winchester "Leader" shells, loaded with smokeless powder,

are the best shells on the market. Winchester

"Repeater" shells loaded with smokeless powder

are cheap in price but not in quality. Winchester

"New Rival" black powder load on the market on account of their shooting and reloading qualities. Try either of these brands and you'll be well pleased. They are

afforded by all the dealers.

At this juncture the manager reached and threw open the door of the state hotel suit, displaying a veritable glimpse of fairyland. This chamber is the most expensive room in the hotel. Its size does not differ materially from the less elegantly furnished rooms, but in magnificence it rivals the most gorgeous bedchambers of European palaces. One need only to walk into this room to comprehend its beauty color temperature becomes a necessity.

Investigation reveals walls of plain

moiré damask, the color of which deepens from the faintest shade of shell pink to the rich lush of rose. This effect is continued in the less rich richings and draperies of the room, which are entirely accurate, one can quickly see that luxurious living—it can be purchased for the latter amount—is not so frightfully expensive as our out-of-town friends picture. Really, the amount of money to be spent is more a matter of taste than the condition of one's purse."

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But how do you make the expenses run up to \$300 a day?" inquired the reporter.

"Quite easily enough. This room, including bath, is \$25 a day. Such guests as occupy an apartment of that sort demand a private dining room, the latter ranging in price according to the elaboration of the room and the table furnish-

ing, say \$25 for the dining room a day, and \$50 is disposed of at once. Now, \$100 for three meals for two people is not so much, after all, when prices

of wine and luncheon are served with luncheon and dinner.

"Game, fruit and vegetables out of

season are worth their weight in gold, so \$100 is a mere bagatelle. The re-

maining \$150 is paid for drawing room, room and board for maid, exclusive of dinner.

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